



USDA Foods Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 2-15-12)

Visit us at www.fns.usda.gov/fdd

100360 – BEANS, CANNED, GARBANZO, DRY, LOW-SODIUM, #10

CATEGORY	<ul style="list-style-type: none">Meat/Meat Alternates or Vegetables/Fruits
PRODUCT DESCRIPTION	<ul style="list-style-type: none">U.S. Grade A canned dry garbanzo beans (chickpeas), cooked and packed in salt water.
PACK/YIELD	<ul style="list-style-type: none">6/#10 cans per case. Each can contains not less than 106 oz garbanzo beans and liquid.One #10 can AP yields 68.4 oz (about 10$\frac{2}{3}$ cups) drained, unheated beans and provides about 42 $\frac{1}{4}$-cup servings drained beans OR about 21 $\frac{1}{2}$-cup servings drained, unheated beans.CN Crediting: $\frac{1}{4}$ cup drained garbanzo beans provides 1 oz-equivalent meat/meat alternate OR $\frac{1}{4}$ cup drained garbanzo beans provides $\frac{1}{4}$ cup vegetable BUT NOT both components at the same meal.
STORAGE	<ul style="list-style-type: none">Store unopened canned pink beans in a cool, dry place. Never store canned goods in a damp storage area or any place exposed to high or low temperature extremes.Store opened canned garbanzo beans covered and labeled in a dated nonmetallic container under refrigeration and use within 2 days.Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.

Nutrition Information

Chickpeas (garbanzo), mature seeds, drained

	$\frac{1}{4}$ cup (60 g)	$\frac{1}{2}$ cup (120 g)
Calories	83	167
Protein	4.23 g	8.46 g
Carbohydrate	13.52 g	27.04 g
Dietary Fiber	0 g	0 g
Sugars	0 g	0 g
Total Fat	1.66 g	3.32 g
Saturated Fat	0.07 g	.257 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.64 mg	1.28 mg
Calcium	27 mg	54 mg
Sodium	70 mg	140 mg
Magnesium	16 mg	31 mg
Potassium	76 mg	151 mg
Vitamin A	14 IU	29 IU
Vitamin A	1 RAE	1 RAE
Vitamin C	.1 mg	.1 mg
Vitamin E	0 mg	0 mg



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PREPARATION/ COOKING INSTRUCTIONS	<ul style="list-style-type: none">• Use a clean cloth to wash the lids of canned foods before opening to keep dirt from getting into the food.• Use a clean and sanitized can opener.• Serve "as is" from the can or add to soups or recipes.
USES AND TIPS	<ul style="list-style-type: none">• Serve garbanzo beans as a salad topping. Garbanzo beans can also be incorporated into soups and casseroles.
FOOD SAFETY INFORMATION	<ul style="list-style-type: none">• NEVER USE foods from cans that are leaking, bulging, or are badly dented.• DON'T TASTE canned food with a foul odor, or that spurts liquid from the container when opened.• Cook foods to the appropriate end-point temperature as specified in your School Food Safety Plan, which should meet your State and local health department requirements.
BEST IF USED BY GUIDANCE	<ul style="list-style-type: none">• For guidance on how to effectively manage, store, and maintain USDA Foods, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm.• For additional information on product dating, go to page 13 of <i>Choice Plus Food Safety Supplement</i> at: http://nfsmi-web01.nfsmi.olemiss.edu/documentlibraryfiles/PDF/20080206043207.pdf.

Nutrient values in the nutrition information section are from the USDA National Nutrient Database for Standard Reference, or are average values from vendors who provide USDA Foods. Please refer to the product's Nutrition Facts label or ingredient list for product-specific information.

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